

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

FEBRUARY 2019

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The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

It's February, one of our coldest months but warmed by the celebrations of Valentine's Day and lots of opportunities to be with others at the Senior Center.

At this time of year, it's especially important to stay connected when weather can keep us apart. Multiple studies document the benefits of social connection. Stanford researcher Emma Seppala reports that social isolation is a greater detriment to health than obesity, smoking and high blood pressure (<https://emmaseppala.com/connect-thrive-infographic>). Strong social connection can lead to a 50% increased chance of longevity, a strengthened immune system, higher self-esteem and faster recovery from illness.

More good news - it's the *quality* of our social interactions that makes the difference, not the quantity. So if you are not a gregarious person or prefer to spend time alone, feeling good about meaningful connections in your life is more important than how many you have.

So look inside and sign up for one of our Center programs or Out & Abouts. Or come in and relax in the lounge. Chances are there will be others to meet and greet while you're here. ~ Chris



SENIOR CENTER VALENTINE'S LUNCH
HOSTED BY THE
PROVINCETOWN POLICE DEPARTMENT

Thursday, February 14 @ noon

*Enjoy a free, hot lunch cooked and served by
the Provincetown Police Department.*

Rides available.

RSVP by 2/11: 508-487-7080

ONGOING PROGRAMS: CALL 508-487-7080 FOR INFO OR TO SIGN UP

TRAVELOGUE

“MOSCOW, A SOVIET SHOWCASE”

Wednesday, February 6 @ 1:15 pm

A dvd presentation with host Larry Moodry

All are welcome.

No RSVP necessary.



JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

February 5: “Colette”

Based on the life of the French writer, Colette becomes a cultural sensation when, under her husband’s name, she writes a semi-autobiographical novel.

Keira Knightley, Fiona Shaw

Drama / 2018 / 1hr 51 min / (R)

February 12: “A Simple Favor”

A woman investigates the sudden disappearance of her best friend.

Anna Kendrick, Blake Lively

Drama / 2018 / 1hr 57 min / (R)

February 19: “Love, Gilda”

A touching documentary about the life and work of Gilda Radner, one of the original cast members of “Saturday Night Live”.

Andrew Alexander, Anne Beatts

Documentary / 2018 / 1hr 28 min / Not Rated

February 26: “First Man”

A look at the life of astronaut Neil Armstrong, who was the first man to walk on the moon.

Ryan Gosling, Claire Foy

Biography, Drama / 2018 / 2hr 21 min / (PG-13)

CLASSIC MOVIE OF THE MONTH

“Now, Voyager”

Wednesday, February 27 @ 1:15 pm

A neurotic woman blossoms due to therapy and becomes an elegant self-actualizing individual.

Bette Davis, Paul Henreid, Claude Rains

Romance / 1942 / 1hr 57 min / Not Rated

STAY ACTIVE

CHAIR YOGA with Christine Frisco

PING PONG (call ahead to reserve a time)

STRENGTH TRAINING with Dot Sanderson

STRETCH & STRENGTH with Dot Sanderson

WALK THE HALLS

YOGA with Christine Frisco

CREATE / LEARN

DRAWING with Kathi Smith

GRACE NOTES UKULELES with Mary Abt

PAINTING with Steve Kennedy

STORY SWAP with Dan Sanders

TECH HELP/COMPUTER CLASSES with Ed Terrill

TRAVELOGUE with Larry Moodry

WEAVING with Janet Beattie

WOMEN’S RADICAL AGING GROUP

with Mary DeRocco

WRITING CLASSES with Hilde Oleson

RELAX / SOCIALIZE / PLAY A GAME

BRIDGE / CHECKERS / CHESS / SCRABBLE

KNITTING CIRCLE / WINTER COFFEE HOUR

LOUNGE: Read, do puzzles, enjoy coffee and more!

RADIO SHOW on WOMR / EVENTS on PTV

MOVIES (weekly, classic and more!)

BE WELL

VNA CLINIC: ASK-A-NURSE / BLOOD PRESSURE

HEARING EVALUATIONS

PODIATRIST

WELLNESS & RESOURCE PRESENTATIONS

ENJOY A MEAL

“LUNCH BUNCH”: LUNCH @ SENIOR CENTER

BREAKFAST BUS / OUT TO LUNCH

TAKE A RIDE

HYANNIS

OUT & ABOUT EXCURSIONS

PROVINCETOWN LIBRARY / STOP & SHOP

MEDICAL APPOINTMENTS CAPE-WIDE

GET SUPPORT & ASSISTANCE

COA OUTREACH ~ HOME, OFFICE VISITS

FOOD PANTRY & NUTRITION PROGRAMS

LEGAL ASSISTANCE / MEDICAL EQUIPMENT

MOBILE LIBRARY / SHINE

SENIOR TAX ABATEMENT PROGRAM

STORM REASSURANCE

JOIN US FOR PROGRAMS AT THE CENTER...

LET THE GAMES BEGIN! *Mondays, February 4, 11 & 25 / 1:30 - 2:30pm*

Chase away the winter blues and have fun playing games with a group of others. Free.

February 4: Charades / February 11: Telestrations / February 25: Trivia.

MUSIC SALON *Wednesday, February 13 @ 1:30 pm*



Outer Cape chanteuse, Pavia, returns for an afternoon of melody and song. Enjoy songs made famous by artists such as Bessie Smith, Fats Waller, Harold Arlen and Irving Berlin. Free.

"WINGED MIGRATION" *Thursday, February 14 @ 1:30 pm*

A visually stunning documentary film on the migratory patterns of birds. Free.

CHAIR YOGA *Thursdays @ 10:30 am*

This free class with Christine Frisco is offered for people who may not want or be able to do yoga on floor mats. Come on in and try it out!

HEALTHY BRAIN SERIES *Thursday, February 28 / 1:00 - 2:30 pm*

As we age, some worry about failing memory, dementia or Alzheimer's. Research shows that activity, diet and lifestyle choices can enhance brain health. This monthly series will feature a video on a specific topic with discussion facilitated by Loretta Butehorn, PhD, CCH. February's video is "Change Your Brain, Change Your Life" about how the brain influences happiness and the impact of food on brain health. Free.

AARP TAX RETURN ASSISTANCE *February - April*

Free assistance with simple tax returns for Provincetown seniors. Appointments required: 508-487-7080

COMING IN MARCH: FALL RISK SCREENINGS *Wednesday, March 6 / 11:00 am - 1:00 pm*

A VNA registered physical therapist will offer balance screenings, teach you how to improve your balance. Free. Appointments: 508-487-7080. * *Note: Blood pressure clinic will not be offered in March but will return in April!*

...OR GET "OUT & ABOUT" ON THE SENIOR CENTER BUS!

WINTER COFFEE HOUR *Tuesdays 9:30 - 11:30 am*

Join us for a hot drink and friendly conversation at the Center. Rides available. Call by Monday at 4:00.

BREAKFAST BUS: THE WICKED OYSTER *Thursday, February 7 @ 8:30 am*

Enjoy a deliciously fresh breakfast in Wellfleet. Bus donation: \$3. RSVP by 2/5.

OUT & ABOUT: ORLEANS *Monday, February 11 @ 9:00 am*

Errands, appointments, shopping - destinations by request. Lunch at The Yardarm.

Bus donation: \$5. RSVP by 2/7.



OUT TO LUNCH: THE BEACON ROOM *Thursday, February 21 @ 10:30 am*

Enjoy lunch at this local favorite in Orleans in a warm and cozy atmosphere. Bus donation: \$5. RSVP by 2/19.

CHURCH OF THE TRANSFIGURATION *Thursday, February 28 @ 10:00 am*

A free guided tour of this Orleans church to view the art and architecture of this iconic building including sculpture, mosaic, frescoes, as well as bronze doors by Provincetown's Romolo Del Deo. Lunch at Double Dragon Inn. Bus donation: \$5. RSVP by 2/25.

TO RSVP OR FOR MORE INFORMATION: 508-487-7080

Programs are subject to change. Bus donation amounts are suggested. Any contribution is appreciated!

OUTREACH UPDATES Andrea Lavenets

This month I would like to take the time to highlight reassurance programs which can be helpful to those who live alone.

Police Reassurance Program

The Provincetown Police Department maintains a list of individuals who call the Department daily to check in. If the dispatcher does not receive a telephone call by the designated time, they will make an attempt to reach the individual by telephone. If the individual does not answer, an officer will be dispatched to check on the individual.

Personal Emergency Response System

Also known as Medical Emergency Response Systems, lets you call for help in an emergency by pushing a button on a device around your neck or wrist. These are extremely helpful if one falls and is unable to call for rescue.

Lockbox Program

The Provincetown Police Department can install a lockbox to allow access to your home in case of emergency. Only the Police have the combination to the lockbox. This prevents having to gain access by breaking a window or door in order to allow Rescue personnel entry.

If you are interested in any of these programs please call me at 508-487-7080 so I can answer any questions you may have or refer you to the program of your choice.

With appreciation to...

.....all who make these winter days brighter for others. Thank you for checking in on your neighbors, taking care of sick friends and showing up! It means a lot to those around you.



HEALTHY AGING SURVEY

Barnstable County's Healthy Aging-Cape Cod project wants to hear from residents of all ages! They are conducting a Cape-wide survey to hear more about people's plans as they age. Data will be shared with each town and is a step towards Provincetown becoming an age-friendly community. Paper copies are available at the Senior Center or complete it online www.surveymonkey.com/r/Aging-CapeCod-Regional



WINTER WEATHER POLICY

If Provincetown Schools are closed, Senior Center programs and rides will be cancelled. The office will be open.

If the Town of Provincetown offices/Town Hall are closed, the Senior Center office will not be open. All programs and rides will be cancelled.

For your safety, rides and programs may be cancelled at other times based on weather conditions. If in doubt, please call ahead!

COUNCIL ON AGING BOARD

- David Ketchum (Chair)
- Penny Sutter (Vice-Chair)
- Chris Asselin
- Julie Knapp
- Gladys Johnstone (Alternate)

PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT

Since 1972, the Provincetown Council on Aging has been a welcoming resource and activity center for seniors and their families. Our mission is to promote the well-being and independence of older adults by identifying their needs and interests, developing supportive programs, coordinating community services and advocating on their behalf.

*= Reservation Required

FEBRUARY 2019

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SENIOR CENTER HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p><i>Happy Valentine's Day</i></p>	<p>Wednesday lunches require an RSVP no later than the Friday before: 508-487-7080</p>	<p><u>APPOINTMENTS HEARING EVALS</u> 508-255-1285 <u>MEALS ON WHEELS</u> 508-349-2658 <u>VETERANS AGT</u> 508-487-7099</p>	<p>Weaving* 9:30 1 Writing Connection 10:00</p>
<p>Hyannis* 4 Beg/Int Draw* 9:30 iPad 10:00 Stretch & Strength 10:15 WOMR Show 12:30 Legal Aid* 1:00 Scrabble 1:00 Games 1:30</p>	<p>Yoga 9:00 5 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent* Taxes*</p>	<p>Adv. Drawing* 6 9:30 Strength Training 10:15 BP Clinic 11:00-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30</p>	<p>Breakfast Bus* 7 8:30 Yoga 9:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>Weaving* 9:30 8 Writing Connection 10:00 Foods to Encourage 9:00-11:00</p>
<p>Out & About* 11 9:00 Beg/Int Drawing* 9:30 iPad 10:00 Stretch & Strength 10:15 Scrabble 1:00 Games 1:30 SHINE*</p>	<p>Yoga 9:00 12 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*</p>	<p>Adv. Drawing* 13 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Music Salon 1:15</p>	<p>Yoga 9:00 14 Chair Yoga 10:30 Valentine's Lunch* Noon Winged Migration 1:15 Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 15 Connection 10:00</p>
<p><u>CENTER CLOSED</u> Presidents' Day</p>	<p>Yoga 9:00 19 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent* Taxes*</p>	<p>Adv. Drawing* 20 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15</p>	<p>Out & About* 21 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>Writing 22 Connection 10:00 Foods to Encourage 9:00-11:00</p>
<p>RMV* 25 Beg/Int Drawing* 9:30 iPad 10:00 Stretch & Strength 10:15 Scrabble 1:00 Games 1:30 SHINE*</p>	<p>Yoga 9:00 26 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*</p>	<p>Adv. Drawing* 27 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:15</p>	<p>Yoga 9:00 28 Out & About* 10:00 Chair Yoga 10:30 Brain Series 1:00 Grace Notes 4:00 Veterans Agent*</p>	



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

Brrr.... It's "Cold" Outside

Use the clues to reveal words that rhyme with *cold*

- 1) Make pleats _____
- 2) Informed _____
- 3) A color _____
- 4) Wallet _____
- 5) Font Type _____
- 6) Hang on to _____
- 7) Support the law _____
- 8) Auctioneer's call _____
- 9) Release from jail _____
- 10) Tossed the dice _____
- 11) Admonish _____
- 12) Fixed shoes _____
- 13) Fungal growth _____
- 14) *Charlie and the Chocolate*
Factory author, _____ Dahl _____
- 15) Gaze upon _____